



## SCHOOL FOR HOUSEWIVES

By Marion Harland



## THE ADVANTAGE THAT IS TO BE GAINED BY ARISING FIFTEEN MINUTES EARLIER IN THE MORNING

Up in the morning's early light.  
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THIS was the strain of the old-fashioned ditty-maker. There are still writers of "goodby" books and works on hygiene who extol the morning mood. According to them, the whole human machine is then at its best. The head is clear, the stomach is vigorous, the spirits are buoyant. Life is a joy.

In reality—the reality of the everyday life of respectable people who have not hurried long at the wine or anything else over night—the hard pull of the day is at the beginning.

A young man of education and breeding who lives in bachelor chambers with three other "good fellows" confesses that, while the 7 o'clock dinner hour is always full of cheer and good-will, the four friends seldom exchange a syllable at the breakfast table beyond a brief salutation at entering the room, and a curt "good-day" in separating to their various places of business.

"Thanks to this sensible silence, we have lived together three years without quarreling." He wound up the story by saying "Every man is a brute until he has had his morning coffee."

A celebrated judge left upon record the saying that "No man should be hanged for a murder committed before breakfast."

A brilliant woman summed up the popular judgment on the subject, in an after-luncheon speech before other literary women. In the assertion that "the human machine needs to be wound up and lubricated and regulated by bath and breakfast before it is fit to work with other machines, or, indeed, to go at all. Breakfast, part of it, in the company of one's nearest and dearest, is a blunder of modern civilization. It is an ordeal over which each should mourn apart."

Much of this is talk, and some of it is temper. It is not easy for one to get full command of oneself before the relaxed nerves are braced by tea or coffee and the long empty stomach is brought up to concert pitch by food. If we have slept too heavily we are stupid; if too little, irritable.

Nor is it easy to return a smooth answer to a capricious customer, or to smile attentively upon a social bore, or to refrain from snubbing the loquacious in your office or drawing room who takes your time to more valuable than his own, or to return blessing for railing in a business altercation.

We do daily each, if not all, of these things, because it is polite and polite is a Christian to do them. Where principle or interest is involved we tread personal prejudice under foot. The man who gulps down his coffee in grim silence and says never a word between his drowsy slumber and his uprising to and from the penitential feast, nods jovially to his neighbor in the street car, throws a cheerful "Hello!" to the boy who sells him his



A DAY WITH THE AMERICAN GIRL—AT DINNER

(DRAWN BY MALCOLM STRAUSS)

Morning paper, and lifts his hat with a bright smile to the woman he meets at the corner. He would act in like manner if these encounters took place before, instead of after, his breakfast. It would be a part of the decent and orderly behavior befitting every gentleman.

I admit that the American's first meal of the crude day, with the accompaniment of the rush for car, or boat, or train, that turns out—or in—dyspepsia by the hundred thousand yearly, is not conducive to domestic happiness or the preservation of table etiquette. The householder, devouring porridge, two cups of scalding coffee, rolls, steak and fried potatoes, at discretion, with one eye on the clock and both feet braced for the jump for the station he knows is imminent, is in the first or fourth stage of what a witty essayist diagnoses as "Americanism." His children's railroad speed of deglutition and their scurry for school are along the same lines of discomfort and disease.

Upon the mother's hands and head rests the responsibility of "getting them off for the day," a battle renewed with each morning, until she "fairly loathes the name and thought of breakfast."

The remedy for the domestic disgrace—for it is nothing if not that—is so simple that I have little hope it will be respected, much less accepted.

It is "Get up fifteen minutes earlier in the morning."

If you rise usually at 7, have the hot water and cleaned boots brought to the chamber door at a quarter before 7, and get up when you are called. A brisk bath and a smart rubbing with a crash towel, preceded by fifty gymnastic strokes, such as arm-swinging and general flexing of the muscles, twenty-five deep breaths that pump the morning air down to the bottom of your lungs and clear the respiratory passages of effete matter lodged there during the night, will set your body in good working order.

Force yourself to speak pleasantly if you cannot at once bring your spirits up to the right level. Study to be a man, or a woman, although breakfastless. To be thrown in the first round of the day by the sluggish flesh and the devil of ill-humor, before the world has a chance to grapple with you, is cowardly and sinful.

It is my persuasion that seven-tenths of the twaddle over the horrors of the family breakfast are affectation and indolence. Breakfasting in bed is an imported fashion, and, to my notion, is not a clean practice. The tray brought to an unmade room, a tumbled bed and an unwashed body looks well in French engravings, but is a solecism in an age of hygienic principles, much ventilation and occasional baths. The inability to be in charity with one's fellow mortals, to smile genially and to speak gently before the world is well started upon its diurnal swing and the complainant's physical system is toned and tuned and oiled by eating is degrading in itself. The confession of it is puerile.

## THE CARE OF CHILDREN

SYMPATHY for Mrs. J. H. S. and her little "bottle baby" impels me to venture some suggestions, the result of practical experience and success after loss and sorrow. How well I know her despairing ordeal! Good doctors everywhere, but few who understand an infant, and what can medicines avail to the overtaxed digestion of an aemic infant?

"Milk is a complete food, and the only sustenance for an infant previous to dentition. Human milk must be our standard, and to conform to it as nearly as possible in artificial feeding is our safest basis.

"Cow's milk contains more curd and less cream than human, hence the difficulty for an enfeebled infant to assimilate it perfectly. All the good infant foods on the market have little value beyond separating this indigestible curd, and thereby making the start for the child's digestion. By diluting cow's milk to reduce the curd, and enriching again in cream, the analyses of the two milks may be nearly similar. Then by predigesting as far as needed, until the child gets its own grip on life, with intelligent nursing, one has little to fear.

"To be brief, I will suggest a formula for a four-month-old child, and, as J. H. S. mentions, a delicate child. One-third of pint of milk (not condensed), two-thirds water, four table-spoonfuls of rich cream, then add a peptogenic powder. This comes bottled with directions for quantity. Stir well, and insert a dairy thermometer and place on the fire, bring quickly to 115 degrees, point as long as child requires (say ten minutes for a trial). Stir all the while to keep it a powder distributed evenly. Then boil quickly, which ends the digesting process and destroys the powder. Flame heat is more easily regulated for this, but not necessary; a little practice and it is a very easy thing to accomplish. As the child improves less time will be needed. This process can be carried out until the stomach would have nothing to do in the work, but the object must be to do only so far as it cannot do itself. This simply cannot fail.

"If J. H. S.'s infant is still suffering pain and poisoning from its indigestion, suppose she diets it, and rests its overloaded organs for a short period before adopting the above by lifting all the curd from the milk. Heat a pint to its degree, stir in a teaspoonful of rennet and let set a minute; break up with a fork and pour through a fine rag. The curd will remain in the cloth, tough as leather, and the rest of the milk may be used

as feeding. This will give partial nourishment and all that is needed during an attack of indigestion.

"Of course J. H. S. knows the importance of perfect cleanliness of bottles, all utensils used for preparations and proper protection of the milk in the refrigerator. Use rubber tips (never tubing); make them sterile by dropping into boiling water occasionally for a few minutes.

"Baby should be fed regularly two and a half or three hours, according to requirements. As the quantity and the strength increase, so do the lapses between the feedings. The demands of hunger will show this. No less than twenty minutes should be consumed in a feeding, as digestion begins in the mouth. This can be managed by size of puncture in the tip. One feeding alone during the night will suffice, as the stomach should rest. If the child cries between meals and at night hunt other causes than hunger. To feed recklessly to quiet is only to add fuel to the already consuming flame.

"See salt in the bath, olive oil rubbed over the entire body, especially abdomen and soles of feet, daily or twice, will help nourishment. A sunny and even temperature in the nursery, plenty of quiet for sleep, fresh air on suitable days, all stimulate the digestive secretions. Hot water slipped and external heat on abdomen are better than dosing for the paroxysms of pain. A good tonic, under direction of a physician, may also be in place.

"I should be pleased to suggest a book, if in keeping in this column, written by a child specialist, covering every detail for the nursery. And I trust J. H. S. will soon be rewarded by a healthy, happy child as compensation for all her present trials.

"It is not often that I publish so long a letter as the above without much 'blue pencil' work. This communication covers so much ground, and covers it so well, that I am doing a favor to the mothers of other bottle babies by inserting it. Each mother who reads it should cut out and keep it for present and future reference.

Another practical woman sends a formula for coughs and colds that recalls the invaluable receipt books of the mothers who never sent for the doctor, and never needed to do it, except in cases of extreme illness.

## FOR COUGHS

"Equal parts of hoarhound and hops—an ounce package of each herb—boiled in two quarts of water down to one quart. Add sugar and boil to a syrup. When all cold add one tablespoonful of good whisky to keep the syrup from getting sour. Cork and bottle it for use. It makes as good a remedy for all kinds of coughs as there is in the world. Dose, one tablespoonful every hour.

"A cup of tea made from hops and hoarhound will break up a cold. It is harmless, and good for grip.



## MARION HARLAND'S RECIPES.

## CHICKEN OR TURKEY TIMBALES

Boil eight eggs very hard and leave them in cold water for two or more hours. Take the shells off, cut in half and extract the yolks. Chop the whites before running them through a vegetable press. Now mix with them four heaping tablespoonfuls of the breast of chicken or turkey minced as finely as possible; season with half a teaspoonful of onion juice, paprika and celery salt to taste, and mix to a white paste with the whites of three eggs beaten to a standing froth. Have ready enough buttered "nappies" or patepans to hold the mixture, fill them, set in a pan of hot water and bake twenty minutes in a quick oven.

Turn out upon a hot platter; pour a good white sauce about the base, heap a spoonful of the powdered yolks on the top of each and serve.

The yolks are prepared by running through a colander, or, better still, a vegetable press.

## A NICE WINTER SALAD

Pare four juicy, sweet oranges, peel off every bit of the white inner skin from the fruit it encloses, pull the lobes apart and cut each into four pieces. Scald a cupful of English walnut kernels, strip away the bitter skin and let the kernels get dry and cold. Mix with the bits of orange; set on the ice for an hour, heap in a glass salad dish lined with crisp lettuce and cover with a good mayonnaise dressing.

Some consider a tablespoonful of celery cut into small pieces an improvement to this dish.

## TOMATO ASPIC AND SHRIMP SALAD

Strain the liquor from a can of tomatoes through coarse muslin. Put over the fire, season with salt and paprika and the strained juice of a small onion. When it boils, skim well and pour over half a box of Cox's gelatine, which has been soaked three hours in a cup of cold water. Set away to form into a jelly.

When ready to use it line a salad dish with lettuce, arrange the contents of a can of shrimps (strained) upon the leaves and spoonfuls of the tomato jelly over the shrimps. Send around French salad dressing with it.

## LATEST FAD IS TO HAVE YOUR MONOGRAM ON YOUR SOAP

THE fad of having one's initials or private monogram put upon articles of but a limited existence is spreading to a remarkable and almost incredible degree. It was thought that the limit had been reached when the owner's monogram and picture were placed on playing cards, which, after a quiet game of euchre or pinochle, were distributed to the players as a souvenir of the occasion.

Then came the private monogram on the cigarette, a fad which is now indulged in to a very large extent by ladies who find enjoyment in the weed, the Egyptian cigarettes being particularly popular for that purpose.

But the latest is to have your initials on fancy and expensive soaps. The fad seems to have originated in London, where a lady recently ordered a hundred cakes of soap of pale green tint and delicately perfumed, with the facsimile of the signature and the photograph of her daughter

made box, in addition to the conventional piece of wedding cake.

The same chemist who secured that order also filled an order from a well-known English actress for a hundred cakes of rose-pink soap, heavily scented, which she not only uses herself, but presents to her friends whenever they become her guests. The soap is clearly stamped with the actress's picture and autograph, and it is safe to say the recipients rarely use that particular cake.

The picture of baby is sometimes imprinted on the soap of fond and wealthy parents, though the soap is more often given away than actually used.

An English society belle, whose residence is nearly always filled with guests, is accustomed to supply the toilet stand of each visitor with a tablet of soap on which is finely engraved her signature and crest. As most of the guests use their own soap and carry away that of their hostess as a souvenir the manufacturer has in this one customer quite an extensive source of income, for the price that is charged for this kind of work is not small.

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## THE HOUSEKEEPER'S EXCHANGE

WITHOUT retreating one inch from the position I have steadfastly maintained for so many years, to wit, that the happiest homes upon earth are those of the simple.

In America, the best husbands and the most loving wives, I yet admit frankly that we may learn much from our adopted citizens. Much in the way of simple domestic enjoyment, of thrift, of making the most of things, of the practice of small (which does not mean petty) economies. The honest husband cheerfully awards to his business partner the honor which he knows to be his due. He reflects with satisfaction that he has in it a touch of pride upon the three years' respite she gave him from dressmakers' and laborers' bills. We more than suspect that she walks now in silk attire, which he can well afford to buy. All this apropos of the following letter:

"People who have \$5 a week for a family do not go through the motions of keeping track of expenses.

"When I married I had, as had my wife, clothes to last for a year. I bought the first dress for my wife when we were married three years. Our rent was \$6 a month. I paid \$1 for a shirt pattern and my wife made our shirts, collars and underwear on a second-hand machine I bought for \$5. My wife got all the money; I only reserved 10 cents a week for change.

"I only reserved 10 cents a week for change. I was using the use over when I felt hungry in working time—and my opinion as to chewing as a 'habit' notwithstanding, I believe that most men use tobacco in my financial fix, then, for the same reason—to 'stave off' hunger!

"My wife loved me and had confidence in my ultimate success, and she, being an old-fashioned girl, knew how to manage the house. There was no waste of food. The wood for the kitchen I picked up nights; coal we bought in bushels till I could buy soft coal by the quarter ton. In our honeymoon month we lived for one week exclusively on oatmeal and laid away the first month \$4.

"Next to God I thank my good wife for being a good comrade and keeping me in mental trim to go over that dismal period! I believe that most women, feeling discouraged, would do well in avoiding all complaints when the husband comes home tired and rather put a bright face on things. Complaining, just as they are, act as a brake on the breadwinner and he loses the buoyancy so necessary to go ahead.

GERMAN-AMERICAN."

"Will you, or some of your large and ever-increasing family, tell me which is the best and most satisfactory way to treat hardwood floors (maple)—with wax or with varnish?

"Our house is almost completed, and I have quite a number of hardwood floors laid. There are no others in this place, and, of course, if you depend entirely on the advertisement you don't know what to believe.

"I am anxious to go right, and so appeal to you.

"I carefully read your 'edition' every day, and clip and put away for future

reference any item or recipe I think I may want at some future time, but have never noticed any reference to hardwood floors or their treatment. M. L. B."

I thank "M. L. B." for preserving many recipes that she need not send in a monthly requisition for directions how to make chocolate creams or salt-rising bread.

My own plan with hardwood flooring is to have in a painter, in spring and in autumn, to put my floors in perfect order. After this I have them wiped weekly with a mixture of crude oil and turpentine, using a soft flannel cloth wrung out hard in the mixture, which is then well rubbed in.

There are better ways, perhaps. If this be true, I am open to conviction.

"How can I clean white kid slippers which have become soiled? I have used benzine and lemon, and neither has proved successful in removing the spots. A HOUSEWIFE."

It would have been better, in the first place, if you had dipped a clean sponge in gasoline and washed the slippers with it. You may try this, still, but I fear benzine and lemon juice together have done irretrievable mischief.

"Please let me know by means of your paper whether or not rain water will spoil a brown velvet hat, and if so, what to do to make it as it was before. L. W."

Take the feathers or flowers off the hat and hold it over a pot of boiling water to raise the "pile" which has been flattened by the rain. Do not touch the velvet until it is perfectly dry after you have steamed it. A good way to dry it quickly is to hold it over the heated plates of a stove.

"I have your recipe for mince meat, but would respectfully inquire if, after the ingredients are mixed, is it not better to boil them all together to keep from fermenting?

"Please tell me how to make Worcester's sauce."

"A CONSTANT READER."

Will "pride, based upon a family record of five generations' use of the recipe in question, observe that 'my mince meat,' made in strict obedience to directions given, will keep for months in a closed vessel, and ripen into smooth richness instead of spoiling. I have never had a batch ferment.

I have a recipe, given by a friend, in which cedar is used in place of brandy. This must be cooked all night at the back of the range to insure it against fermentation.

The formula for Worcester's sauce is a trade secret. No imitation has yet equalled it, although there have been many.

"Kindly tell me if tomato catsup bottled in a galvanized kettle will become poisonous. If the kettle is in good condition it ought to be perfectly safe to cook acids in it. Catsup should never be allowed to cool in a galvanized or bell-metal kettle."